CLAIMS:

1. A muscle stimulation- and massage apparatus with a foot plate (3) which is provided with rollers or skids (32), and with a column (2) arranged perpendicularly on the foot plate (3), and with a vibration unit,
wherein
the vibration unit (1) is arranged on a lift (3), wherein the lift (3) may be traveled on guide rails (21, 22) of the column and is fastened in a lockable manner at a different height, so that the vibration unit (1) is located on a side outside the region of the column (2).

2. A muscle stimulation- and massage apparatus according to claim 1, wherein the vibration unit (1) comprises a housing (12) with an intermediate base (121) and a vibration plate (11), and wherein the vibration plate (11) is connected to the intermediate base (121) by way of at least one spring unit (13), and wherein a drive shaft (12) is present in the housing (12), which comprises at least one eccentric (141) which is pivotally connected to the vibration cushion (11) via a coupling rod (142).

3. A muscle stimulation- and massage apparatus according to claim 2, wherein the vibration unit is provided with a programmable control, so that the time duration and/or vibration frequency may be changed.

4. A muscle stimulation- and massage apparatus according to claim 2, wherein the spring unit (13) is a two-dimensionally designed leaf spring (130, 138) which is fastened on the intermediate base (121) and on the vibration plate, so that it guarantees the lateral guiding of the vibration plate (11) and prevents a lateral backing-away of the vibration plate (11) with respect to the housing.

5. A muscle stimulation- and massage apparatus according to claim 2, wherein the spring unit (13) comprises torsion rods.

6. A muscle stimulation- and massage apparatus according to claim 4, wherein the leaf spring (130) comprises an upper spring plate (131) and a lower spring plate (132), wherein the lower spring plate (132) is provided with an opening through which the coupling rod (142) is led.

7. A muscle stimulation- and massage apparatus according to claim 4, wherein the leaf spring (130, 138) consists of a number of leaf spring elements.

8. A muscle stimulation- and massage apparatus according to claim 2, wherein the vibration plate is designed as a vibration cushion (11) and reaches at least partly into the housing (12).

9. A muscle stimulation- and massage apparatus according to claim 2, wherein the housing (12) of the vibration unit (1) on the lift (4) is pivotable about a horizontal pivot axis.

10. A muscle stimulation- and massage apparatus according to claim 2, wherein the drive shaft is led laterally out of the housing (12) and is provided with receivers at the lateral ends, for receiving additional elements for a vibration therapy.

11. A muscle stimulation- and massage apparatus according to claim 2, wherein a vibration rod may be connected on the vibration cushion (11), which is moved with the vibration cushion and which may be provided with additional elements.

12. A muscle stimulation and massage apparatus according to claim 10 or 11, wherein the additional apparatus are eccentric disks, pulleys or hand loops.

13. A muscle stimulation apparatus according to claim 1, wherein the foot plate (3), on the side of the column (2) on which the vibration unit (1) is located, is designed fork-like and comprises two fork ends (31) which are distanced to one another, wherein the distance between the two fork ends (31) corresponds at least to the width of the vibration unit (1), so that the vibration unit (1) with the lift (4) may be traveled down between the fork ends.

14. A muscle stimulation apparatus according to claim 7, wherein the lift may be continuously traveled up and down over a predeterminable height range for a time duration in a programmed manner.